

A close-up photograph of a sheet pan meal featuring large shrimp, green asparagus, yellow squash, and red bell peppers, all roasted to a golden-brown finish.

SHEET PAN MEALS

CHICKEN AND SEAFOOD



Full Bloom 2021 Bonus eBook

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01

Hoisin Chicken and Veggies

Serves 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients:

4 medium boneless skinless chicken breasts

1 lb purple potatoes, halved

2 medium carrots, chopped

1 medium head broccoli, chopped

1 medium head cauliflower, chopped

2 tablespoons coconut oil, melted

sea salt and freshly ground black pepper, to taste

1/4 cup hoisin sauce

1/4 cup low sodium soy sauce

2 tablespoons balsamic vinegar

2 cloves garlic, minced

1 tablespoon fresh grated ginger

1 tablespoon honey

4 tablespoons sesame oil

Directions:

Preheat oven to 400 degrees.

On a large sheet pan, toss together the chicken through the salt and pepper and then set aside.

In a medium bowl, whisk together the remaining ingredients. Pour over the chicken mixture on the sheet pan and toss to coat on all sides. Roast in the oven for 20 minutes, and then stir the veggies and flip the chicken. Continue to cook the sheet pan mixture for another 15 to 20 minutes, or until the chicken is cooked through and the veggies are tender.

Serve hot.

02

Mushroom Chicken with Fresh Herb Sauce

Serves 4

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients:

- 2 lbs boneless skinless chicken thighs
- sea salt and freshly ground black pepper to taste
- 3 tablespoons olive oil
- 1 lb mixed mushrooms of choice
- 1 large lemon, juiced
- 1 large lime, juiced
- 1 large bunch cilantro
- 1 large bunch parsley
- 1/4 cup extra virgin olive oil
- 1 clove garlic, minced

Directions:

Preheat oven to 400 degrees.

On a large sheet pan, place the chicken and season on both sides with salt and pepper to taste. Surround the chicken with the mushrooms and then drizzle everything with the olive oil and then set aside.

In a food processor, Pulse together the remaining ingredients until almost smooth. Season with salt and pepper and then drizzle over the chicken and mushrooms and then toss to coat. Roast the chicken mixture in the oven for 20 minutes and then stir the mushrooms and flip the chicken. Cook another 20 minutes, or until the chicken is cooked through.

Serve hot.

Crispy Garlic Chicken

Serves 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

1 tablespoon coconut oil

4 medium boneless skinless chicken breasts, pounded out thin
sea salt and freshly ground black pepper to taste

3/4 cup almond meal

1 tablespoon garlic powder

1 teaspoon dried Italian herbs

4 tablespoons ghee, melted

1 large zucchini, cubed

1 large yellow squash, sliced

Directions:

Preheat oven to 375 degrees.

Grease a large sheet pan with the coconut oil and set aside.

Season the chicken with salt and pepper to taste and set aside.

In a medium bowl, stir together the almond meal through the Italian herbs. Dip the chicken into the ghee and then coat it in the almond meal mixture, then place onto the sheet pan. Place the zucchini and squash around the chicken and then season with salt and pepper to taste. Roast in the oven for 15 minutes, and then flip the chicken. Continue to cook for another 15 to 20 minutes or until the chicken is cooked through.

Serve hot.

04

Honey Mustard Chicken Thighs

Serves 4

Prep Time: 20 minutes

Cook Time: 50 minutes

Ingredients:

2 tablespoons olive oil

¼ cup Dijon mustard

3 tablespoons honey

salt and freshly ground black pepper to taste

8 boneless skinless chicken thighs

se1 lb trimmed green beans

1 medium red onion, sliced

Directions:

Preheat oven to 400 degrees.

Grease a large sheet pan with the olive oil and then set aside.

In a medium bowl, whisk together the mustard through salt and pepper and then coat the chicken with the mixture and place on the sheet pan. Place the green beans and onion around the chicken and then season with salt and pepper to taste. Roast in the oven for 25 minutes and then stir the veggies and flip the chicken. Continue to roast the chicken and veggies for another 25 minutes, or until the chicken is cooked through.

Serve hot.

Greek Chicken and Artichokes

Serves 4

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients:

2 tablespoons coconut oil
1 lb boneless skinless chicken thighs
sea salt and freshly ground black pepper to taste
1 lb frozen artichoke hearts
1 cup pitted Greek olives
1 large red bell pepper, seeded and sliced
1 large yellow bell pepper, seeded and sliced
1 medium red onion, sliced
2 teaspoons dried thyme
1 teaspoon smoked paprika
2 medium lemons, juiced
1/4 cup olive oil

Directions:

Preheat oven to 400 degrees.

Grease a large sheet pan with the coconut oil.

Season the chicken with salt and pepper on all sides. Place the chicken on the sheet pan along with the artichokes, olive, peppers and onions. Coat everything with the thyme, paprika, lemon juice and olive oil. Roast the mixture in the oven for 45 minutes, or until the chicken is cooked through.

Serve hot.

Seafood Fajitas

Serves 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

1 pound Mahi fish filets
1 large red bell pepper, seeded and sliced
1 large yellow bell pepper, seeded and sliced
1 medium poblano pepper, chopped
1 medium onion, sliced
1/3 cup olive oil
1 tablespoon chili powder
1 1/2 teaspoons cumin
1 teaspoon garlic powder
sea salt and freshly ground black pepper to taste
8 butter lettuce leaves

Directions:

Preheat oven to 400 degrees.

On a large sheet pan, place the fish through onion in an even layer and set aside.

In a medium bowl, whisk together the remaining ingredients, except the lettuce, and pour over the fish and veggies. Roast in the oven for 30 minutes and then serve in lettuce wraps.

Sweet Chili Lime Salmon

Serves 4

Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients:

2 large limes, juiced
1/4 cup chopped cilantro
4 tablespoons olive oil
1 clove garlic, minced
1 1/2 teaspoons red chili flakes
1 teaspoon ground cumin
sea salt and freshly ground black pepper, to taste
1 tablespoon honey
4 medium wild salmon filets
1 medium red bell pepper, seeded and sliced
1 medium yellow bell pepper, seeded and sliced
1 medium green bell pepper, seeded and sliced
1 medium red onion, sliced

Directions:

Preheat oven to 375 degrees.

In a medium bowl, whisk together the lime juice through the honey and set aside.

On a large sheet pan, place the salmon, skin side down, and then place the peppers and onion all around it. Pour over the lime mixture and then roast in the oven for 25 minutes, or until the salmon is cooked to medium.

Serve hot.

08

Shrimp and Asparagus Scampi

Serves 4

Prep Time: 15 minutes

Cook Time: 35 minutes

Ingredients:

1 lb peeled and deveined shrimp
2 lbs asparagus, trimmed
sea salt and freshly ground black pepper to taste
¼ cup olive oil
2 cloves garlic, minced
pinch red pepper flakes
2 large lemons, zest and juice
2 tablespoons minced parsley
1 tablespoon capers

Directions:

Preheat oven to 400 degrees.

On a large sheet pan, place the shrimp and asparagus and season well with salt and pepper and then set aside.

In a medium bowl, whisk together the remaining ingredients. Pour over the shrimp and asparagus and then roast in the oven for 35 minutes, or until the shrimp is cooked through and pink and the asparagus is cooked through.

Serve hot.

Sticky Maple Salmon and Broccoli

Serves 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients:

4 medium wild salmon filets

1 large orange, juiced

3 tablespoons pure maple syrup

¼ cup olive oil

1 tablespoon Dijon mustard

sea salt and freshly ground black pepper to taste

1 lb purple potatoes, halved

1 medium head broccoli, chopped

Directions:

Preheat oven to 400 degrees.

On a large sheet pan, place the salmon, skin side down and set aside.

In a medium bowl whisk together the orange juice through the salt and pepper. Toss in the broccoli and potatoes and then place around the salmon. Drizzle over the remaining orange juice mixture onto the salmon and then roast in the oven for 25 minutes, or until the salmon is cooked to medium and the veggies are tender.

Serve hot.

Seafood Paella

Serves 4

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

2 tablespoons coconut oil

1 large head cauliflower, riced

sea salt and freshly ground black pepper to taste

1 teaspoon smoked paprika

pinch saffron

½ cup Spanish chorizo, crumbled

1 large shallot, sliced

1/2 lb peeled and deveined shrimp

1 pound cleaned mussels

¾ cup canned diced tomatoes

½ cup frozen peas

¼ cup pitted green olives

½ cup sliced roasted red peppers

¼ cup chopped parsley

Directions:

Preheat oven to 350 degrees.

Grease a large sheet pan with the coconut oil. Toss together the cauli rice through the parsley and then cook in the oven for 30 minutes, or until the mussels open and the shrimp are cooked through.

Serve hot.